

The Connection

Mission Statement: Spencer County Schools will go the distance for all students!

Vision Statement: Spencer County Schools will ensure all students reach their full potential through high academic standards empowering them to become highly effective individuals.

November 4, 2010

Issue date: Each Thursday

Deadline for items: Wednesday afternoon

Submit items to Central Office:

Phone 477-3250 or via

bonnie.parsons@spencer.kyschools

A Special Time to Honor Our Veterans

As part of a special project that 6th grade Social Studies is working on, I am looking for the names of veterans who are part of our district's faculty and staff. If you know of a veteran in your building or are one yourself, please email me the name and building location of the person, **by next Tuesday, Nov. 9**. Thank you!

— Ashley McGaughey,
Social Studies Teacher, SCMS

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This **Saturday, Nov. 6**, the **Honor Service** will be held at 10:00 a.m. at Grace Chapel Church, located at 60 Ray Road.

The **Veterans Celebration parade** will begin on Main Street (east end) at 12:00 noon. The Parade is sponsored by Guard Duty Inc., which started up five years ago in an effort to support our military troops and local military families. We are simply trying to give honor to our veterans; encourage patriotism and promote a greater sense of God and Country.

The School system has been helpful in making arrangements for our annual events, and we appreciate Peggy Pickett and the **SCHS Marching Band** for participating in the parade every year. Thanks to everyone with the SCPS for help and support. -- Larry Dennison, Parade Director



Veterans Day
November 11

Don't Miss This!

Come see the Middle and High School perform An evening of One Acts: Frankenstein and the Headless Horsemen (A musical) tonight, tomorrow, and Saturday, Nov. 6 at 7:00 pm., and Sunday, Nov. 7 at 2:00 pm.

Tickets are \$2 for students and \$4 for adults.

We have almost 90 students involved in this production!

Come support the hard work of these great students!!

Thanks! Shelby Steege, SCMS Drama teacher

WANTED: (free if possible) **Dog house** for medium-size dog. **Cat** also needs a house. Call Jack, 354-0061

FOR SALE: Maple bedroom suit with queen size bed including mattress & box springs, chest of drawers, and nightstand. Asking \$400./OBO. Jennifer Seaton, 422-0467



Omega – 3: The Good Fat

Omega-3 fatty acids are the healthy fats and have health benefits. Studies have shown they help lower the risk of heart disease. Some studies have shown they protect against symptoms of depression, dementia, cancer and arthritis. Omega 3's can be found in salmon, nuts and leafy greens. The Omega3 fatty acids found in fish appear to have the strongest health benefits. Omega-3 fatty acids are believed to help fight disease by reducing inflammation in the blood vessels, joints, decrease the risk for abnormal heart rhythm, reduce levels of unhealthy fats in the blood stream and slow the rate of plaque build-up in the blood vessels. The American Heart Association recommends at least two servings a week of fish. If you don't like fish, you can get Omega-3 from supplements. Be sure to consult with your physician before taking Omega-3 supplements.

— From Your Spencer County School Nurses: Kathy Dippel, Jennifer Goodlett, and Cindy Hayes

Sign Up For Assistance

Christmas Assistance applications are due to Multi-Purpose Community Action Agency (477-8296) by November 12th. *Must have 12 Parent Involvement hours since Dec. 2009 and at least one parent-teacher conference per student. If you have questions please call 477-3202 or 477-3222. Thank you.

— Family Resource and Youth Service Centers
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Parent to Parent Children and Nutrition

This month's meeting will be held on Monday, Nov. 8, from 6 to 7:30 pm at the County Extension office, 66 Spears Drive, and will focus on Children and Nutrition.

Just let us know you are coming so we can have enough food and childcare providers for everyone! **Call 477-9917**.

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Toys for Tots Fundraiser Taylorsville Tractor and Motorcycle Ride Sunday, November 7, 2010

Starts at 2:00 p.m. at Dairy Queen in T-ville.

Bring a new, unwrapped toy to be given to a Spencer County child in need this Christmas. All toys collected in Spencer County will be redistributed to Spencer County families through the Spencer County Family Resource Center. The ride ends at Court Square in downtown Taylorsville. For more info, please call Bruce Kapfhammer at 477-2963 or Becky Wilson at 477-3202.



Sunday, Nov. 7
(or Saturday night)

Set Clocks Back 1 Hour



What Would You Add?

Please take a minute to read the poem on page 3. Let it sink in, then imagine you will not live forever and send us thoughts on what you would do differently.

Thanks! (bring or send to bonnie.parsons@spencer.kyschools.us)

Mark Your Calendars!

Annual FFA Farm Toy Show

December 10th and 11th

Spencer County High School

See future **Connection** issues and the Attached **Flyer** for details

Support the 8th Grade Trip —

You can help support the 8th grade class trip and it will cost you nothing **EX-TRA**. Everyone has to buy groceries anyway! So, why not get a **KROGER** card from us or do as I did and get one for yourself, for family, and friends — when you use it and re-load it, the 8th Grade receives **4%!!**

It is easy and simple to use and the instructions are attached online. So come down to the Middle School Office and ask for Martha Crenshaw to get your card.

Thank you for supporting the students of SCMS. - *Danell R. White*

Christmas On Main Street

Christmas on Main Street, December 11th. If you would like to help with the event, please contact Gordon Deapen at 502-439-9782. The annual Christmas parade (3:30) and Santa's visit are huge favorites of the children. We encourage you to make a float and be part of the parade, contact Scott Robinson at 502-210-7313 to reserve a spot in the Christmas on Main Street Parade. Local churches will be singing and caroling; there will be games for all ages. Depending on the temperature a cup of hot chocolate could be waiting for you, to complete the evening's festivities, which will end around 8:00 p.m.

Christmas Home Tour: Dec. 4. Tickets and info will soon be available at the Red Scooter.

Christmas Tree Auction: Also Dec. 4, at the Sanctuary (at Main & Jefferson St).

May all your families be healthy, happy and truly blessed this holiday season.

- Annette King, Main Street Manager

ASPARAGUS WITH PEANUT SAUCE Yield: 6 servings

2 tablespoons reduced-fat peanut butter

1/4 cup sugar

2-3 tablespoons reduced-sodium tamari soy sauce

3-4 teaspoons rice wine (sake) or dry sherry

1 teaspoon grated gingerroot

1/2 pounds asparagus spears, cooked until crisp-tender, chilled

Mix peanut butter, sugar, soy sauce, rice wine and gingerroot until smooth.

Arrange asparagus on serving platter, spoon peanut sauce over.

Nutritional information per serving: Calories: 95; Fat: 2.3 g; Cholesterol: 0 mg; Sodium: 246 mg; Protein: 4.8 g; Carbohydrate: 15 g; Diabetic Exchanges: 3 Vegetable, 1/2 Fat

**No man in the world has more courage
than the man who can stop
after eating one peanut.** - Channing Pollock

IF I HAD MY LIFE TO LIVE OVER

- by Erma Bombeck (written after she found out she was dying from cancer)

I would have gone to bed when I was sick instead of pretending
the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried
much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a
summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was
practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished
every moment realizing that the wonderment growing inside me
was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, 'Later... Now go
get washed up for dinner.' There would have been more 'I love you's' More 'I'm sorry's.'

*But mostly, given another shot at life, I would seize every minute, look at it
and really see it, live it and never give it back. STOP SWEATING THE SMALL STUFF!*

Don't worry about who doesn't like you, who has more, or who's
doing what. Instead, let's cherish the relationships we have with those who do love us.

Add YOUR 'do-overs' here: